

SPECIAL EVENTS
HAWAII LUAU FREE August 23rd
Luncheon, Entertainment & FUN!
Mark this Wednesday on your calendar you won't want to miss it!

PERSONAL SAFETY COURSE

August 30th at 10:00 A.M.
Preventing violence, safety practices and self defense will be highlighted in this workshop offered by the San Bernardino Sheriff's Dept. & Loma Linda Senior Ctr. Followed by a

WATERMELLON BUST!

CLASSES OFFERED

Newcomers always welcomed!

WRITE YOUR AUTOBIOGRAPHY

Instructor: Rita Sommers

Tuesdays at 2:45 P.M. Cost \$5.00

This course will help you write your life's story, using your own flavor! Instructor will introduce several memory joggers to help you recall some of the favorite times of your life. Class will include sharing & handouts.

CRAFTS – Wednesday's 1:30 P.M.

Classes will have different varieties of crafts offered from floral arranging, origami, quilting and calligraphy.

SENIOR PAINTERS:

Monday's 8:30 A.M. \$3.00

Various mediums Oils, Pastels and Acrylics. Instructed by Betty Hayes

WATERCOLOR WORKSHOP:

Thursday's 9:00 by Arvin Leach \$6.00

With his technique you can paint a picture your first day! Pick up a supply list from the office. Ph# 797-5266

STAINED GLASS

Wed. at 9:00 AM Instr: Joyce Woods

Learn the fine art of Stained Glass. **First Project FREE.** There will be costs for additional supplies, tools and a nominal fee for instruction. 2nd & 4th Wednesday's (Break for Summer / resumes in October)

Ukulele Club – Learn to play a variety of music and enjoy the vast range of entertainers! Newcomers welcome!

Private Ukulele Instruction By Keoki:
Monday from 1:00–3:00 Call - 534-6093

“55 ALIVE” AARP DRIVING COURSE

Sept. 4th & 5th 1:00 – 5:00

You must register with office & attend both sessions for certificate.

HEALTH, SAFETY & FITNESS

Tired of Living with Back Pain?

Aug. 8th at 11:30 – 12:30.

Presented by the Painless Spine Center
– Refreshments served.

LOW VISION WORKSHOP FREE

Newcomers welcomed!

Thursday's at 10:00 A.M. Thru 9/7

Workshop includes Free Manual and Devices. Sponsor: Blindness Support Services (951)341-8359.

BRAILLE MOBILE SOLUTIONS

Aug. 21st 9:30 – 11:30

Low Vision Van & Visual Aids.

Humanna Presents “Supplimental Part D” Information Aug. 23 Thursday 12:00 – 1:00 P.M.

Blood Pressure Clinic 4th Wed. 8/23 9:30 - 11:30 Retired Registered Nurse will provide Blood Pressure Checks. Free - no sign-ups needed continuing program.

SENIOR EXERCISE & FITNESS

STRENGTH, STRETCH & BALANCE

Instructor “Sandy” Sandifer \$2.00

Monday & Wednesday's at 9:00 A.M.

Instructor will address the various aspects and capabilities to strengthen, increase flexibility and improve balance and general health. Utilizing chairs this class will be beneficial for all degrees of ability.

TWO TAI CHI CLASSES!

1. TAI CHI: By Master Francis Li
Tai Chi for the early risers. This Free class is offered Tuesday 's at 7:00am

2. TAI CHI – BY GRACE DING:
Monday at 11:00am. Free class that will focus on Tai Chi and its health benefits for Diabetes, Arthritis and Pain. Each focus will run for a limited time.

AUTHENTIC YOGA - NEW

Thursday's @ 12:00 Noon (Nominal Fee)

Begins Aug 10th By Rita Oza

Experience the wonderful benefits of Yoga. Increased energy, fitness & reduced stress levels.

For more information

call Rita at (909) 887-4634

Birthday Celebration

11:00 4th Thursday of each month

COMPUTERS

Computer 101 & 102-

Wednesdays with Jack Walker
New Session Begins August 9th

6 week course \$15.00.

101 Beginners Class at 1:00 P.M.

102 Intermediate Class 3:00 P.M.

Sign up with office. Space is limited!

MON. 10:00 A.M. Beginning Computer for Seniors Starts September 10th

Instructor: Edie Cole offers 4 weeks instruction for \$15.00. Includes basic computer applications: spread sheets, word processing, internet & E-mail applications.

Sign up. (Call in your class sign up).

Seniors who have computer questions - Jack finds answers. Includes a weekly newsletter (obtained by e-mail). E-mail subscriptions \$5.00 per month. To subscribe, send an email to Jack at jrwalk@webtv.net

SUPPORT GROUPS

FOCUS ON HEALING

THURS. 11:00 AM

Led by Lisa Parker- support group provides a therapeutic program of exercise and movement to music. 'Get back to "You!"' especially designed for anyone with chronic health conditions. Appropriate for all levels of fitness provides a supportive and safe environment.

LOW VISION WORKSHOP

THURSDAY 10:00 – LIFESTYLE CHANGES, TOOLS, MANUAL.

HOMEOWNERS & RENTERS

REBATE ASSISTANCE

CALL US FOR AN APPOINTMENT

NEW SENIOR TOURS!

Aug. 28th Monday 8:15 am. 7:00pm

The original GETTY VILLA

Bus trip Only \$28.00. Call for more info. (Your payment is sign up.)

Sign up for additional info. to be on mailing list and upcoming

travel logs!

Loma Linda Senior Center

“The Gathering Place”

25571 Barton Road

Loma Linda, CA 92354

(909) 799-2820